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ABSTRACT

This manual is for use in a school-based program to help overweight students practice eating and exercise behaviors and develop strategies focusing on positive lifestyle choices. The resource guide and curriculum is arranged in three sections: (1) "Get Ready" explains how to use the book; (2) "Get Set" explains the goals for the program and students, gives complete directions for organizing the peer support program, provides tools for assessment of the child at risk, describes the three life area concepts in detail and describes how to use the lesson format of compliments, lesson body, and physical activity; and (3) "Go" includes a sequence of 15 lessons, which build from simple to complex, building on previous information and concepts. The lessons focus on self-esteem, food choices, and physical activity. (JD)

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